

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

**Grubb YMCA
Fitness Classes
April 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Cycling 5:30-6:15 AM Jamie		Cycling 5:30-6:15 Dina	Cycling 9:00-9:45 AM Jamie
		Resistance Band 9:00-10:00 AM JC		Body Weight 9:00-10:00 AM JC		Latin dance aerobics 10:00-10:45 AM Derma
		Body Weight 9:00-10:00 AM JC		Resistance Band 9:00-10:00 AM JC		
	Cycling 5:45-6:30 PM Dina					
	Core 6:30-7:00 PM Tambi	Cardio/Sculpt 5:45-6:25 PM Lori	Hip Hop Dance 5:45-6:30 PM Jordan			
	Beginners Yoga 6:30-7:30 PM Dina 3 rd Floor	Core 6:30-6:50 PM Jamie	Latin Dance 6:30-7:15 PM Derma	HEAT 5:45-6:25 PM David		